

# Progressive Muscle Relaxation

HW-499

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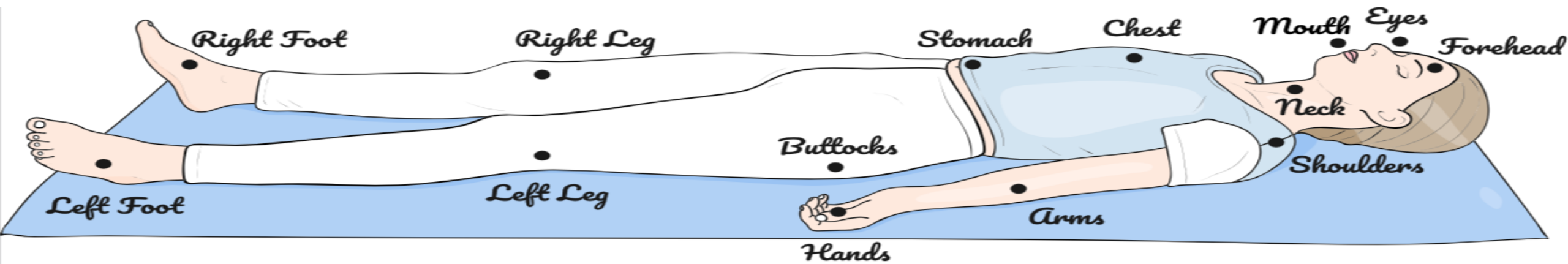
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# Agenda

- ▶ What is Progressive Muscle Relaxation (PMR)?
- ▶ What are the benefits?
- ▶ How do I practice it?
- ▶ Conclusion.

# What is PMR?

- ▶ **Progressive:** meaning to gradually move from one end to the other
- ▶ **Muscle:** focus on one muscle at a time
- ▶ **Relaxation:** by tensing each muscle, you will then untense it and relax.



*Progressive Muscle Relaxation*

# What are the benefits?

- ▶ **Physical relaxation**
- ▶ Headaches
- ▶ Back pain
- ▶ **Mental relaxation**
- ▶ Depression
- ▶ Anxiety

## 5 Benefits of Progressive Muscle Relaxation



# How do I do it?

- ▶ Start at one end of your body (head or toes) and progressively work your way to the other end.
- ▶ Tense muscle for 10 seconds, then release and relax for 30 seconds before moving on

# Practice Time!



Cam's Kids, n.d.

# Conclusion

- ▶ How do you feel?
- ▶ Do what works for you

# References

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